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How mindfulness can help improve relationships and social functioning in people with ADHD



by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#)© | 15 July 2023 |

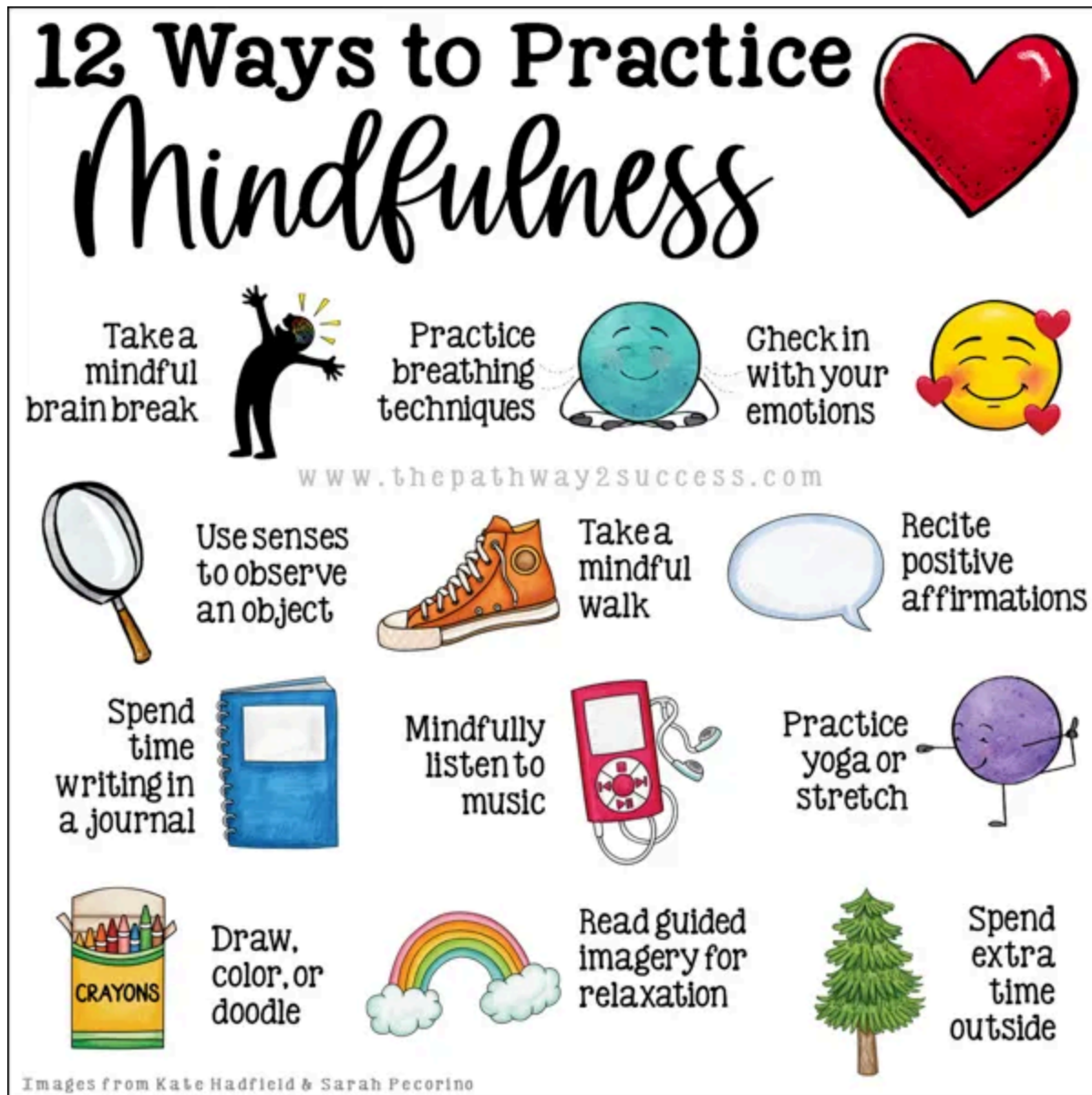
How mindfulness can help improve relationships and social functioning in people with ADHD

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that affects millions of people worldwide. People with ADHD often have difficulty paying attention, controlling their impulses, and staying organized. These challenges can make it difficult to maintain relationships and function socially.

Mindfulness is a practice that involves paying attention to the present moment without judgment. It can be helpful for people with ADHD in a number of ways, including:

- **Improving focus and attention:** Mindfulness can help people with ADHD to focus on the present moment and to resist distractions. This can be helpful in social situations, where it can be easy to get caught up in our thoughts and feelings and to forget about the people around us.
- **Managing impulsive behavior:** Mindfulness can help people with ADHD to become more aware of their impulses and to make more mindful choices. This can be helpful in social situations, where it can be easy to say or do things without thinking.
- **Improving self-regulation:** Mindfulness can help people with ADHD to develop better self-regulation skills. This can be helpful in social situations, where it can be difficult to control our emotions and to stay calm under pressure.
- **Improving communication skills:** Mindfulness can help people with ADHD to improve their communication skills. This can be helpful in social situations, where it can be difficult to listen to others, to express our thoughts and feelings clearly, and to resolve conflict.

- **Building relationships:** Mindfulness can help people with ADHD to build better relationships. This can be helpful in social situations, where it can be difficult to connect with others and to build trust.



There are a number of different ways to practice mindfulness. Some common practices include:

- **Meditation:** Meditation is a great way to cultivate mindfulness and awareness of our thoughts, emotions, and bodies. There are many different types of meditation, so you can find one that works for you.

- **Yoga:** Yoga is another great way to practice mindfulness. Asana (physical postures) can help us to develop discipline and control over our bodies. Pranayama (breathing exercises) can help us to calm our minds and cultivate focus. And meditation can be incorporated into yoga practice as well.
- **Mindful movement:** Mindful movement is any activity that we can do mindfully, such as walking, running, or dancing. When we move mindfully, we pay attention to our bodies and our surroundings. We can also focus on our breath or on a mantra.
- **Mindful eating:** Mindful eating is the practice of eating slowly and deliberately, paying attention to the taste, texture, and smell of our food. We can also focus on our breath or on a mantra.
- **Mindful listening:** Mindful listening is the practice of listening to others without judgment or distraction. We can focus on the other person's words, their body language, and their tone of voice.
- **Mindful journaling:** Mindful journaling is the practice of writing about our thoughts, feelings, and experiences in a mindful way. We can focus on our breath or on a mantra as we write.

Mindfulness is a skill that takes time and practice to develop. However, the benefits of mindfulness can be significant for people with ADHD. If you are interested in learning more about mindfulness, there are many resources available online and in libraries. You can also talk to your doctor or a therapist about mindfulness and how it might be helpful for you.

Why personal relationships are so hard for those with ADHD:

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that affects millions of people worldwide. People with ADHD often have difficulty paying attention, controlling their impulses, and staying organized. These challenges can make it difficult to maintain personal relationships.

Here are some of the reasons why personal relationships can be so hard for people with ADHD:

- **Difficulty paying attention:** People with ADHD often have difficulty paying attention to others. They may get easily distracted or bored, and they may have trouble following conversations. This can make it difficult to connect with others on a personal level.
- **Impulsive behavior:** People with ADHD often act on impulse, without thinking about the consequences of their actions. This can lead to them saying or doing things that offend or hurt others. It can also make it difficult to build trust and respect in relationships.
- **Trouble organizing:** People with ADHD often have trouble organizing their thoughts and belongings. This can make it difficult to keep track of appointments, remember important dates, and follow through on commitments. This can lead to feeling overwhelmed and stressed, which can take a toll on relationships.
- **Emotional dysregulation:** People with ADHD often struggle with emotional dysregulation. This means that they may have difficulty managing their emotions, such as anger, frustration, and sadness. This can lead to them lashing out at others or withdrawing from social situations.
- **Rejection sensitivity:** People with ADHD are often highly sensitive to rejection. This means that they may take even minor criticism or social cues personally. This can make them avoid social situations or withdraw from relationships altogether.

Despite these challenges, it is possible for people with ADHD to have healthy and fulfilling personal relationships. There are a number of things that people with ADHD can do to improve their relationships, such as:

- **Communicating openly and honestly with others about their ADHD:** This can help others to understand the challenges that they face and to be more patient and understanding.

- **Learning to manage their impulsive behavior:** This can be done through therapy, medication, or lifestyle changes.
- **Learning to organize their thoughts and belongings:** This can be done through using planners, calendars, and other organizational tools.
- **Learning to manage their emotions:** This can be done through therapy, medication, or relaxation techniques.
- **Challenging negative thoughts and beliefs about themselves:** People with ADHD often have negative thoughts and beliefs about themselves, such as “I’m not good enough” or “I’m a burden to others.” Challenging these thoughts can help to improve self-esteem and confidence.
- **Seeking support from others:** There are many people who can offer support to people with ADHD, such as family, friends, therapists, and support groups.

Building and maintaining healthy personal relationships takes time and effort, but it is possible for people with ADHD to have fulfilling and rewarding relationships.

Expanding on Mindful Movement

Mindful movement: Mindful movement is any activity that we can do mindfully, such as walking, running, or dancing. When we move mindfully, we pay attention to our bodies and our surroundings. We can also focus on our breath or on a mantra.

Thirty years ago, I began my meditation/mindfulness/yoga journey. I learned that when my routine becomes stressful to complete, it is time to take a break. No one ever gave me this option when I was being mentored. However, when I brought it up, they agreed that it is part of the process that everyone goes through. Therefore, in the beginning, I want to give you permission to break.

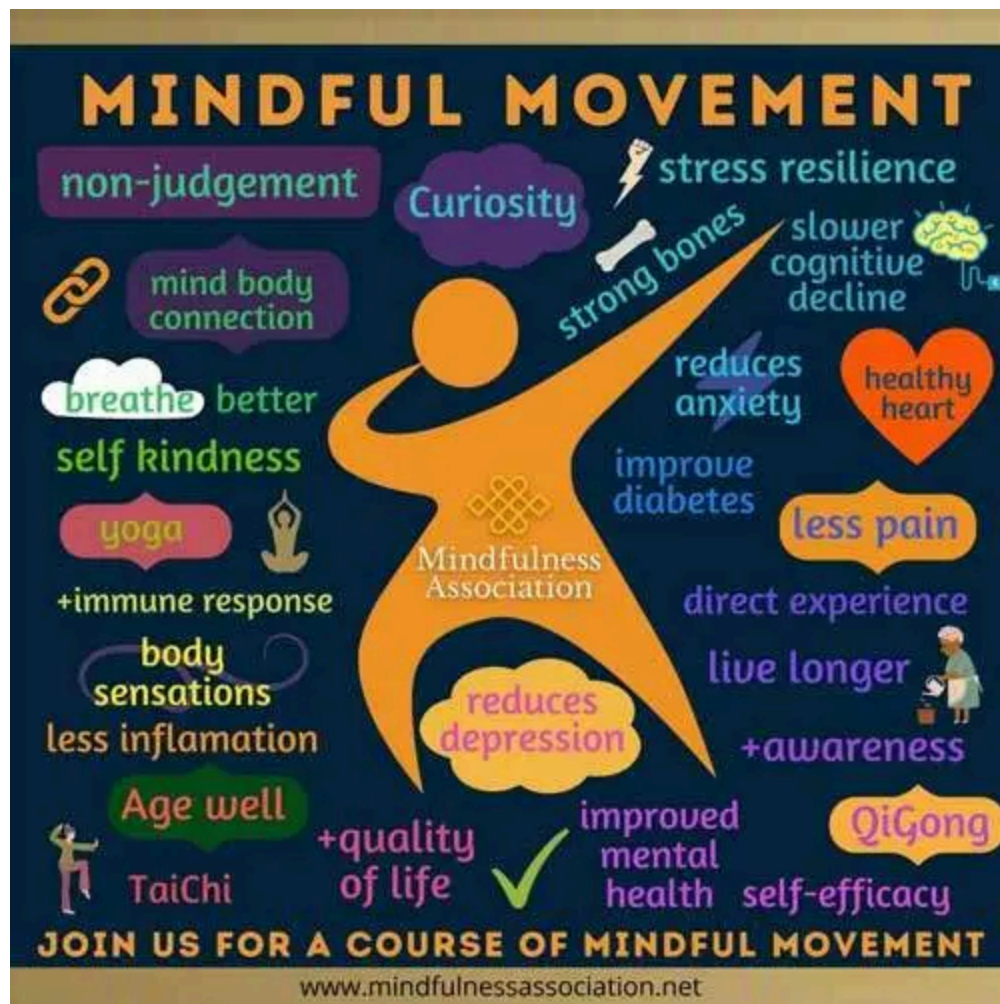
I have found that I can live up to the ethical practice of mindfulness by simply being aware of what I am doing. For example, instead of mindlessly gaming, I can game in a more mindful and conscious way. I can do the same with writing, playing

music, and other activities. After all, our goal in mindfulness is to be so aware of the present moment that we have no wandering thoughts of the past or future. We are simply present in the moment. That is mindful movement.

Some great small videos of Mindful Moments videos can be found here:

<https://www.youtube.com/@TheMindfulMovement/videos>

<https://www.themindfulmovement.com/>



Why ADHD persons find it hard to engage with mindfulness listening:

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that affects millions of people worldwide. People with ADHD often have difficulty

paying attention, controlling their impulses, and staying organized. These challenges can make it difficult to engage in mindfulness listening, which is a type of meditation that involves paying attention to the present moment and listening without judgment.

There are a number of reasons why people with ADHD may find it hard to engage in mindfulness listening. Some of these reasons include:

- **Difficulty paying attention:** People with ADHD often have difficulty paying attention to anything for very long, including the present moment. This can make it difficult to focus on the sound of the person speaking and to avoid getting distracted by other thoughts or noises.
- **Impulsive behavior:** People with ADHD often act on impulse, without thinking about the consequences of their actions. This can lead to them interrupting the person speaking, finishing their sentences, or changing the topic of conversation.
- **Trouble staying organized:** People with ADHD often have trouble staying organized, both mentally and physically. This can make it difficult to follow the flow of a conversation and to remember what the person has said.
- **Emotional dysregulation:** People with ADHD often struggle with emotional dysregulation, which means that they may have difficulty managing their emotions, such as anger, frustration, and sadness. This can lead to them becoming easily overwhelmed or upset during a mindfulness listening session.
- **Rejection sensitivity:** People with ADHD are often highly sensitive to rejection. This means that they may take even minor criticism or social cues personally. This can make them avoid mindfulness listening sessions altogether or to withdraw from them if they feel judged or criticized.

Despite these challenges, it is possible for people with ADHD to learn to engage in mindfulness listening. There are a number of things that people with ADHD can do to make mindfulness listening more manageable, such as:

- **Start with short sessions:** If you have ADHD, it is important to start with short mindfulness listening sessions. This will help you to avoid getting overwhelmed and to build up your attention span over time.
- **Find a quiet place:** Find a quiet place where you will not be disturbed during your mindfulness listening sessions. This will help you to focus on the sound of the person speaking and to avoid getting distracted by other noises.
- **Use a timer:** Use a timer to set a limit on the length of your mindfulness listening sessions. This will help you to stay focused and to avoid getting sidetracked.
- **Focus on your breath:** If you find yourself getting distracted during your mindfulness listening sessions, focus on your breath. This will help you to come back to the present moment and to avoid getting caught up in your thoughts.
- **Be patient with yourself:** It takes time and practice to learn to engage in mindfulness listening. Be patient with yourself and don't get discouraged if you don't see results immediately.

Mindfulness listening can be a helpful tool for people with ADHD. It can help them to improve their attention span, to manage their emotions, and to build relationships. If you have ADHD and are interested in learning more about mindfulness listening, there are many resources available online and in libraries. You can also talk to your doctor or a therapist about mindfulness listening and how it might be helpful for you.

USE YOUR EARS TO BE PRESENT.

Close your eyes and listen carefully. Focus on the sounds that let you hear where you are.



Here are 10 affirmations for mindfulness listening for those who identify as ADHD:

- 1. I am capable of paying attention to the present moment.**
- 2. I am allowed to make mistakes.**
- 3. I am not alone in this.**
- 4. I am worthy of listening to.**
- 5. I am worthy of being listened to.**
- 6. I am worthy of being heard.**
- 7. I am worthy of being understood.**
- 8. I am worthy of being respected.**
- 9. I am worthy of being loved.**

10. I am worthy of being happy.

These affirmations can be helpful for people with ADHD to remember that they are not alone in their challenges and that they are worthy of being heard and understood. Practicing mindfulness listening can help people with ADHD to improve their attention span, to manage their emotions, and to build relationships.

Here are some additional tips for mindfulness listening for people with ADHD:

- **Start with short sessions:** If you have ADHD, it is important to start with short mindfulness listening sessions. This will help you to avoid getting overwhelmed and to build up your attention span over time.
- **Find a quiet place:** Find a quiet place where you will not be disturbed during your mindfulness listening sessions. This will help you to focus on the sound of the person speaking and to avoid getting distracted by other noises.
- **Use a timer:** Use a timer to set a limit on the length of your mindfulness listening sessions. This will help you to stay focused and to avoid getting sidetracked.
- **Focus on your breath:** If you find yourself getting distracted during your mindfulness listening sessions, focus on your breath. This will help you to come back to the present moment and to avoid getting caught up in your thoughts.
- **Be patient with yourself:** It takes time and practice to learn to engage in mindfulness listening. Be patient with yourself and don't get discouraged if you don't see results immediately.
- **Find a supportive community:** There are many online and in-person communities that can provide support for people with ADHD who are interested in mindfulness listening. These communities can offer

encouragement, advice, and tips on how to practice mindfulness listening effectively.

Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Resources

BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>

- **The American Psychological Association:** <https://www.apa.org/>
- **Prison Yoga Project – 200hr Yoga Teachers**
Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- **In The Rooms (web based 12-STEP rooms)**
<https://www.intherooms.com/home/>
- **National Institute of Mental Health:**
<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- **Attention Deficit Disorder Association:** <https://add.org/>
- **American Academy of Child and Adolescent Psychiatry:**
<https://www.aacap.org/>
- **StopBullying.gov:** <https://www.stopbullying.gov/>
- **The National Bullying Prevention Center:**
<https://www.pacer.org/bullying/>
- **The Trevor Project:** <https://www.thetrevorproject.org/>
- **The National Institute of Mental Health:**
<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- **The National Autism Association:** <https://www.autismspeaks.org/>
- **The Learning Disabilities Association of America:**
<https://ldaamerica.org/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

Sign up for our newsletter: <http://eepurl.com/hQlzgL>

Dharma Seeds Press bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

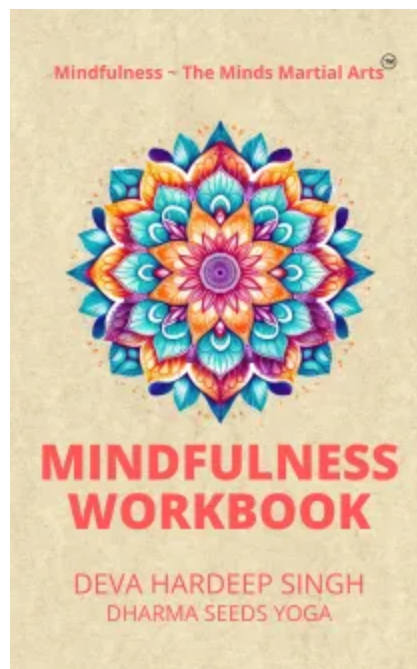
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Join our Engage Mindfulness™ Minds Martial Artist™ program FREE



For more information on our Engage Mindfulness™ please email: dharmaseedsyoga@gmail.com



NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

The Mind's Martial Arts™ Chapter 1



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The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a comprehensive resource for people with ADHD who are looking to improve their mindfulness skills. The planner includes a variety of activities and exercises, such as mindful breathing, body scans, and journaling prompts. It also includes space to track your progress and to set goals.

The planner is designed to be accessible and user-friendly. The activities are written in a clear and concise way, and the planner includes plenty of space to write down your thoughts and feelings. The planner is also visually appealing, with calming illustrations and a soothing color scheme.

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a valuable tool for anyone who wants to improve their mindfulness skills. It is a helpful resource for people with ADHD who are looking to manage their symptoms, improve their focus, and reduce stress.

Here are some of the features of the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner:

- **Mindfulness activities and exercises:** The planner includes a variety of mindfulness activities and exercises, such as mindful breathing, body scans, and journaling prompts. These activities are designed to help you develop your mindfulness skills and to improve your overall well-being.
- **Goal-setting:** The planner includes space to set goals for yourself. This can help you to stay motivated and to track your progress over time.
- **Progress tracking:** The planner includes space to track your progress on your mindfulness journey. This can help you to see how far you have come and to identify areas where you need to improve.
- **Calming illustrations:** The planner includes calming illustrations that can help you to relax and to focus.
- **Soothing color scheme:** The planner has a soothing color scheme that can help you to feel calm and relaxed.

If you are looking for a comprehensive and user-friendly mindfulness planner, the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a great option. It is a valuable resource for anyone who wants to improve their mindfulness skills and to manage their ADHD symptoms.



Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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